



GENERAL INFORMATION

Sanctioned by Swim BC: #41144
Swim BC and SNC rules will apply.
Swim BC Competition Warm Up Safety Procedures will be in effect and monitored by Safety Marshalls

FACILITIES

- UBC Aquatic Centre - 6080 Student Union Blvd, Vancouver, BC V6T 1Z1
- 10-lane 50 metre competition pool
- 8-lane 25 metre warm-down pool
- Omega Electronic Timing
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.

ORGANIZING COMMITTEE

Meet Director – Kyle Cheng
kylecheng@vancouverpacificswimclub.com
Meet Referee – Norma Lachance
mathdva@gmail.com
Meet Manager – Hani Nino
meetmanager@vancouverpacificswimclub.com

ELIGIBILITY

All swimmers must be registered with a SNC, USS or World Aquatics recognized organization.

ENTRIES

- Swimmers are limited to three (3) events per day.
- Entry deadline will be **Tuesday November 28th at 11:59pm PST**.
- Entries will be limited to include the team that enters the **500th** swimmer into the meet. All entries submitted afterwards *may* not be entered at the discretion of the meet and facility management.
- NT time entries will not be accepted.

BONUS SWIMS

All athletes must qualify in a minimum of one (1) event with up to 4 bonus events as follows:

- 1 QT = 4 bonus swims
- 2 QT = 3 bonus swims
- 3 QT = 2 bonus swims
- 4 QT = 1 bonus swim
- 5 or more QT = 0 bonus swims

DECK ENTRIES

Deck entries may be permitted at the discretion of meet management and with a charge of \$40.00 per event. Cash only. They will be used to fill empty lanes only. The deck entries deadline will be 30 minutes prior to the start of each session.

SCRATCHES

The pre-meet scratch deadline will be at 11:59pm on

Monday, December 4th. There will be no refunds for scratches done after the deadline.

Session scratch deadline will be 30 minutes prior to the start of each session.

ENTRY FEES

- \$135 Entry Fee per person, which includes the Swim BC Competition Surcharge of \$5.00 per swimmer.
- Late entries subject to paying double the entry fee at the discretion of Meet Management
- Payment must be made by e-transfer or cheque. Credit cards will not be accepted. Cheques must be made out to Vancouver Pacific Swim Club. E-transfer: finance@vancouverpacificswimclub.com

SAFE SPORT STATEMENT

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

FORMAT

- Long course – Heats & Finals (A & B)
Prelims will be seeded slowest to fastest with circle seeding for the last three (3) heats for events 200m and below. Last two (2) heats for 400m events.
- All 10 lanes will be used for prelims and finals.
- 800m and 1500m events will be limited to top 30 swimmers in each gender. Top 10 will swim in Finals and remaining heats will be alternating genders at the end of Prelims.
- Seeded fastest to slowest.

MEET NOTES

Meet start times may be altered as a result of facility availability, or number of entries. If there are any changes, times will be communicated to all coaches.

AWARDS

The top 3 finishers will receive awards for all individual events. Awards will be given immediately following the completion of the A Final.

SWIMWEAR

All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.



VPSC WINTER INVITATIONAL

December 8-10, 2023

MEET PACKAGE

Friday, December 8th, 2023						
			Warm-Up	Start		
Prelims			7:00am – 8:45am	9:00am		
Finals			4:00pm – 5:15pm	5:30pm		
WOMEN	LCM	SCM	EVENT	LCM	SCM	MEN
	9:46.70	9:35.20	800m Freestyle*	9:19.70	9:08.70	1
2	1:21.50	1:18.70	100m Breaststroke	1:13.80	1:11.30	3
4	2:14.60	2:12.00	200m Freestyle	2:04.10	2:01.70	5
6	5:24.40	5:18.00	400m Individual Medley	5:00.30	4:54.40	7
8	1:09.60	1:08.20	100m Butterfly	1:03.50	1:02.30	9
10	32.80	32.20	50m Backstroke	30.10	29.50	11
12	19:04.70	18:42.30	1500m Freestyle*	17:41.60	17:20.80	

* Top 10 will swim in Finals and the remaining heats will be alternating genders at the end of Prelims.

Saturday, December 9th, 2023						
			Warm-Up	Start		
Prelims			7:00am – 8:45am	9:00am		
Finals			4:00pm – 5:15pm	5:30pm		
WOMEN	LCM	SCM	EVENT	LCM	SCM	MEN
13	2:35.40	2:32.40	200m Butterfly	2:22.10	2:19.30	14
15	37.90	36.60	50m Breaststroke	34.30	33.10	16
17	29.00	28.40	50m Freestyle	26.20	25.70	18
19	2:32.40	2:29.40	200m Individual Medley	2:20.40	2:17.60	20
21	1:09.90	1:08.50	100m Backstroke	1:04.50	1:03.20	22
23	4:44.80	4:39.20	400m Freestyle	4:25.40	4:20.20	24

Sunday, December 10th, 2023						
			Warm-Up	Start		
Prelims			7:00am – 8:45am	9:00am		
Finals			4:00pm – 5:15pm	5:30pm		
WOMEN	LCM	SCM	EVENT	LCM	SCM	MEN
25	9:46.70	9:35.20	800m Freestyle*	9:19.70	9:08.70	
27	2:54.90	2:49.00	200m Breaststroke	2:39.70	2:34.30	26
29	1:02.60	1:01.40	100m Freestyle	57.20	56.10	28
31	2:29.70	2:26.80	200m Backstroke	2:19.60	2:16.90	30
33	31.40	30.80	50m Butterfly	28.80	28.20	32
	19:04.70	18:42.30	1500m Freestyle*	17:41.60	17:20.80	34

* Top 10 will swim in Finals and the remaining heats will be alternating genders at the end of Prelims.



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up. • Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions. • At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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VPSC WINTER INVITATIONAL

December 8-10, 2023
MEET PACKAGE



SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall: • Be visible by safety vest;

- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices: **"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**